

Mabel Kay Senior Center
24 Walnut Street, Haddonfield
Coordinator, Sheri Siegel
(856) 354-8789
ssiegel@haddonfield-nj.gov

www.haddonfieldnj.org/departments/senior_citizens_center

Like us on Facebook www.facebook.com/mabelkayseniorcenter

PROGRAM DESCRIPTIONS/DETAILS

Ongoing Weekly Classes/Groups

MONDAYS

Mah Jongg - 2-4pm. Mah Jongg is run by Bernadette Hennessy May of Game Friendly and South Jersey Bridge Center. It is \$3 for Haddonfield residents and \$5 for non-residents. She supplies everything but the Mah Jongg card and can answer questions/offer instruction.

TUESDAYS-

Fitness Class – Fitness and Rhythm –10:30-11:15am. A silver sneakers type class using light weights, a small ball and a chair. Rhythms are incorporated using hands, feet and/or drum sticks. Exercises are appropriate for all ages, no experience necessary. Taught by Melanie Montana, MSW, 38-year fitness veteran. Melanie also is certified to teach fitness drumming, yoga and hula as exercise and can adapt her classes to include any of these activities. If you have, please bring water bottles you can use as arm weights (and/or drink from). \$1 for Haddonfield residents and \$2 for non-residents

Bridge Club 12:30-3pm. Bridge Club is a self-running group without an instructor. If you are a beginner and would like to learn how to play (or play better), let us know and we can try to schedule a time that someone can teach you

First Tuesday of the month – STARTING OCTOBER 5- Book Club 11a-12pm, graciously hosted at Mabel Kay by the Haddonfield Public Library. Details including book information to follow.

WEDNESDAYS

STARTING SEPTEMBER 1st – Line Dancing with Mavis 1-2:30 (Back by popular demand). \$1 for Haddonfield residents and \$2 for non-residents

2nd and 4th Wednesday of the month– BINGO 1-2:30pm – snacks and prizes

THURSDAYS

Beginners Art Class 9-11am - This art class is geared toward beginning artists or artists who would benefit from more one on one attention than one would get in a mixed levels or advanced class. Beginners are assisted in developing basic skills and building on them. Artists are welcome to use provided sketching materials for the first few classes and can then receive guidance from the instructor in order to purchase his or her own materials. Classes are \$2 for Haddonfield residents and \$5 for non-residents

Artist Studio Class 11am-2pm - This Mabel Kay art class is a Studio class in which the instructor circulates from student to student to offer feedback on individual projects (mediums can including pastel, prismacolor, watercolor, oil, acrylic, and sculpture). While all levels are welcome, those that are beginners or need more one-on-one attention would need to come to the beginner's class from 9-11am. Students work independently, in a supportive and friendly atmosphere, with the teacher to strengthen their skills and complete their work. Classes are \$2 for Haddonfield residents and \$5 for non-residents

FRIDAYS

Fitness Class – Practical Movement for Seniors –10:30-11:15am. A class offering movement for all levels of fitness with a focus on balance, strength and mobility. It can offer straighter posture, improved strength and stamina, increased concentration, relief from arthritis and stiff joints, more restful sleep, improved circulation and a greater sense of well-being. Taught by Natalee Greer, an instructor of The GYROTONIC® Method. (The GYROTONIC® Method is a movement method that addresses the entire body, stimulating the nervous system, increasing range of motion, and creating functional strength). \$1 for Haddonfield residents and \$2 for non-residents.

2nd and 4th Friday of the month – STARTING SEPTEMBER 10 -Crochet Class – 11:30am-12:30pm. Please bring your own crochet hooks and yarn of choice. We will have a small supply of yarn on-hand but believe it makes the experience more enjoyable when you personally pick out your yarn. For those who

are new to purchasing yarn and hooks, generally you can look at the label of the yarn and it will specifically tell you what size hook to purchase. I can connect you with the instructor if you need more guidance.

Special Events:

SATURDAY SEPTEMBER 18 FROM 12-2PM

Mabel Kay Fall Kickoff Barbeque (formerly the Summer Kickoff Picnic)

Mabel Kay's Fall Kick-off Barbeque will be held on Saturday September 18 from 12-2pm, in Mabel Kay's backyard (24 Walnut Street). Please come enjoy food, games, and entertainment, while meeting other local seniors in a safe environment. This year we have area businesses donating raffle prizes – anywhere from \$5 gift cards to an hour of handyman service to pilates instruction to a Waterpik. A new bakery "Nothing Bundt Cakes," owned by a Haddonfield family, is also donating a \$5 coupon to *every* person coming, enough to purchase a mini-bundt cake. Please join us!! \$3 for Haddonfield residents, \$5 for non-residents **RSVPs required by phone, email or in-person by Monday September 13**

**COMING IN OCTOBER – DAY OF THE WEEK TO BE DETERMINED –
SENIOR MEMOIR PROJECT**

Mabel Kay Senior Center is very excited to announce a new project...you have the opportunity to document your own life story (with a little help of course). Mabel Kay Senior Center will be collaborating with a 9th grade English class at Haddonfield Memorial High School to write your memoir. The students will meet with you over the course of the semester, interview you, get to know your life story, write it up, and hand you a finished product for you to keep or to hand down to your family (a holiday gift perhaps?) We even have a professional photographer, Amanda Hall Photography, volunteering her time to take photos for the final product. We will be Covid-conscious and either meet outside if the weather is nice, inside with masks, or via Zoom technology if necessary (we'll talk you through Zoom if you don't know how to use it). Intergenerational programming is one of our goals at Mabel Kay – such a great way for kids to learn from you and you to learn from the kids. **RSVPs mandatory and it will require a commitment on your part to attend the sessions with the kids since it is a class assignment.** Call or email with questions or to sign up